

The Chattanooga
Hamilton County
Family Justice Center

5705 Uptain Rd.

Chattanooga, TN 37411

423-643-7600



**CHATTANOOGA HAMILTON CO FAMILY JUSTICE
CENTER
QUARTERLY NEWSLETTER**

April 2022

Words from the Director

“Hope is the belief that your future can be brighter and better than your past and that you actually have a role to play in making it better.” It is with a thankful heart that the FJC collaborates with so many important organizations in our community to support survivors and hold offenders accountable. For survivors in the midst of their trauma and abuse, hope can be elusive. Working together as a coordinated response the FJC and our partners can support survivors by offering immediate safety through long term stability and wellbeing.

This month, we will celebrate Crime Victims’ Rights Week and want to recognize the progress we have made as a community and nation to raise awareness and stand with our families, friends and colleagues whose lives have been forever altered by crime. The Family Justice Center partners with organizations who share a common vision that is committed to providing safe spaces where survivors’ needs are met, children protected, and hope realized. We believe that every person has the right to live free of fear and violence and every person should have a place to tell their story.

hope .





Take Care

Well, I'm not sure any of us could have predicted the longevity and variations of COVID, but here we are, still pushing through amidst vaccinations and masks.

We are all seeing the effects of our economy's inflation from real estate, vehicles, and gas to grocery items and essentials. We have seen an increase on domestic violence, child abuse and elder abuse. We have all had a difficult couple of years and we must express the appreciation for all who continue to help others in need.

Though it may be your passion to help others and you love what you do, remember to take care of yourself. You are an important person, especially to all the people you help and take care of.

So, go ahead, take a five-minute break to simply rest. No, put your phone down. It's five minutes of you time. Don't scroll social media, pay a bill, or call someone back. Just close your eyes and take a few deep breaths. Check in with yourself and see how you're feeling, what you were thinking, and what you may be feeling in your body. Then go back to work, hopefully feeling refreshed.

You can go outside; research shows that getting into nature is one of the best things you can do for your mental health and can even help increase your empathy.

Make sure you eat and drink some water during the day. We all know what it's like to be 'hangry' or feel dehydrated and it's just not pretty.

Get up and get moving. Moving releases endorphins, which is the 'feel good' brain chemicals that enhance your sense of wellbeing.

The payoff is that you are mentally, physically and spiritually healthy as well as better equipped to continue to help others.



Domestic Violence Training for Cosmetology and Barber License

We were all happy to see this come into fruition. This does not mean that licensees are mandated domestic violence reporters, it equips them with the knowledge and resources to recognize the signs of domestic violence. It enables them to successfully navigate conversations with clients who may be in danger and give those clients the tools to help get them to safety.

Tennessee Code Annotated, Title 62, Chapter 3 and Title 62, Chapter 4, relative to professions which requires all new applicants and everyone renewing their license for cosmetology and barber (including the licensure and registration of cosmetologists, instructors, aestheticians, manicurists, natural hair stylists, cosmetology shops, master barbers, barber instructors, barber shops, and barber and cosmetology schools) to complete an approved training on domestic violence. There is also an online training that salon professionals can access in lieu of an in-person training and can be accessed at <https://www.barbicide.com/shearhavendomesticviolencetraining/>

The link for the Coalition's application can be found at <https://tncoalition.org/professionals/training-calendar/coalition-events-trainings/>

National Human Trafficking Awareness Month

January was also National Human Trafficking Prevention Month. We were honored to help distribute materials of awareness and how to get help for human trafficking to local hotels with Her Song. Social media was a great avenue for us to also help spread awareness on such an important issue.

JANUARY:
National Human Trafficking
Prevention Month
#EndTrafficking



Sexual Integrity Week at Southern Adventist

Southern Adventist University held Sexual Integrity Week. According to Religion Professor and Senior Advisor for Sexual Integrity Alan Parker, this is the first time the university has held a week of events dedicated to sexual integrity, and the university has plans to hold it annually. We were honored to host a table filled with resources and information.

February Kicked Off Teen Dating Violence Awareness Month

We firmly believe that awareness is key to prevention.

Check out our awareness video:

<https://www.facebook.com/CHAFJC/videos/5029955297069248>

Research tells us that over 71% of women and over 55% of men first experienced intimate partner violence (sexual or physical violence, and/or stalking) under the age of 25. One in four women first experienced intimate partner violence prior to the age of 18. Over 80% of women and over 70% of male rape victims experienced their first completed or attempted rape under the age of 25. Sexual violence is usually committed by someone the survivor knows. Over 28% of girls who experienced sexual violence under the age of 18 were raped by a current or former intimate partner. Youth who experience sexual violence as children or teens are more likely to experience sexual violence in adulthood. Thirty-five percent of women who were raped as minors were also raped as adults, compared to 10% of women raped as an adult who were not raped as minors.

This makes it critical for us to try and prevent violence before it occurs in our youth by promoting social norms that protect against violence and by supporting youth and all survivors. We may actually prevent future victimization by bringing awareness and educating our youth on these difficult but prevalent issues. We can reinforce what healthy relationships and consent looks like. By respecting a young person's wishes

DATING ABUSE INCLUDES:

PRESSURING
you into sex.

THREATENING
to out you as LGBTQ.

NOT LETTING
you use birth control/condoms.

CONTROLLING
what you do or who you talk to.

THREATENING
to tell people your STD status.





and choices while equipping them the tools to be safe and healthy, we can create an empowered, healthy generation.

Chattanooga Mayor's Council for Women Statewide Women's Policy Conference

The Chattanooga Hamilton County Family Justice Center had a table full of staff who attended this phenomenal conference. The conference worked with national experts to further educate women on the importance of and involvement in policies and legislation that relate to:

- Economic self-sufficiency and political engagement
- Healthcare and the access to care
- Justice for women

The Mayor's Council for Women 2022 Statewide Women's Policy Conference brought together women from across the state of Tennessee to learn about current legislation affecting women's lives and to inspire new policy initiatives that will impact their future and their family's future.

This conference was not only informative but a lot of fun. Along with the important information, there was a bit of dancing. What else would one expect from a conference filled with intelligent, empowered, gregarious women?



FJC Presents-Lunch and Learn Tuesdays at Noon

Wanna build your knowledge of agencies and attend trainings? We now have an ongoing lunch and learn every Tuesday at noon. We look forward to all of our partnering agencies to participate in these virtual events and we are happy to have had Mental Health Court, Nurture the Next, and Children's Advocacy Center already give trainings already. These are easy and interesting presentations that are comfortably convenient. So, if you haven't joined us yet, set your calendar reminders for Tuesdays at noon to join in. Watch our Facebook page for the



Zoom link at: <https://www.facebook.com/CHAFJC> or give us a call at 423-643-7600 for more information.

March Awareness Month

In March, we celebrated:

- Developmental Disabilities Awareness #DDAM2022
- Social Work Appreciation #thankasocialworker
- National Women's History Month and International Women's Day

#breakthebias2022

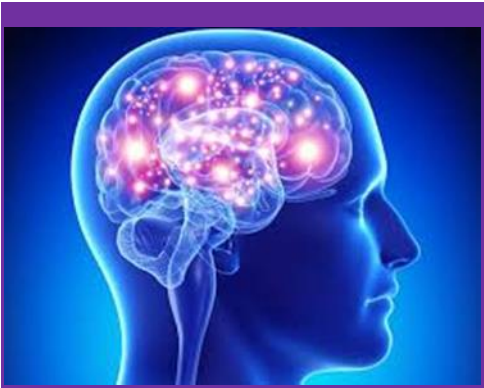


Chapter of VOICES

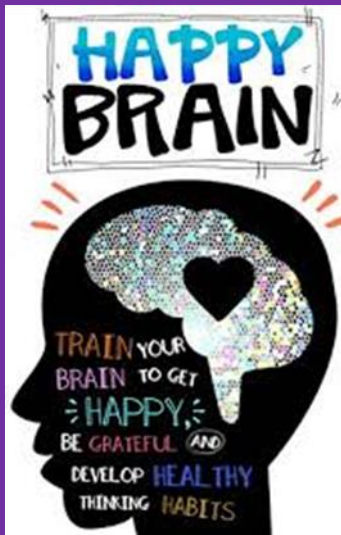
The Chattanooga chapter of VOICES is open to join. If you are a survivor of domestic violence and/or sexual trauma, or if you have a loved one who is a survivor, come join the Chattanooga Chapter of VOICES (CCV). For more information, call the Chattanooga Hamilton County Family Justice Center at 423-643-7600.

VOICES is a national group of survivors of trauma. The CCV is about finding your voice and using it to advocate and educate the community and to help eliminate domestic violence and sexual trauma in Chattanooga.





My Two Cents....



Have you heard of the happy brain? Some say that happy brain is next generation thinking but when I was just a little girl my daddy always said “You wanna make the devil mad? Choose to be happy. It’s your choice, so choose.” So, I would choose to be happy. Now, years later I am immersing myself in some really fascinating scientific neurological research that agrees with my daddy. (Well, all except the making the devil mad part.)

Positivity can change your brain and body thus changing you. Barbara Fredrickson’s research shows that people who maintain a positive attitude overcome difficulties more quickly and are more resilient.

John Hopkins reports that people with a family history and the most risk factors for coronary artery disease were 13% less likely to have any coronary event than their negative counterparts. It is definitely clear that positivity holds a link to physical health but also to mental health as well. One of their reports goes on to say that positivity improves outcomes and life satisfaction in traumatic brain injury. Isn’t that incredible?

So, a University of Kansas study found that smiling, (even fake smiling), reduces heart rate and blood pressure during stressful situations. So of course, I go back to choosing happiness... as in choose good mental and physical health. It seems like such an easy fix but for some it may feel challenging and my hope is that we all push for that choice of positivity. Smile until it just comes naturally.

The Mayo Clinic’s research says that with positive thinking you can increase your life span, lower rates of depression, lower levels of distress, lower levels of pain, reduce the risk of death from cancer, reduce the risk of death from respiratory





conditions, reduce the risk of death from infections, have better cardiovascular health, better brain health, better psychological and physical well-being, and have better coping skills during times of stress. They say to practice the positivity by identifying areas to become more optimistic in, evaluate what you're thinking and find a positive spin, smile and laugh, exercise about 30 minutes a day, surround yourself with positive people, and practice positive self-talk.

So, let's retrain our brains trigger our happy brain chemicals and get our neurotransmitters working to saturate us in dopamine, serotonin and oxytocin:

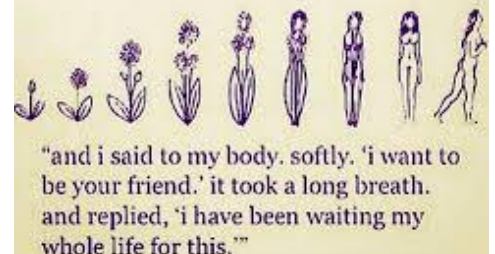
Go ahead and smile, even if you aren't feeling it. Get up and move, dance, or move in whatever way makes you feel good. Be your own best friend. Be as good to yourself as you would to your own best friend.

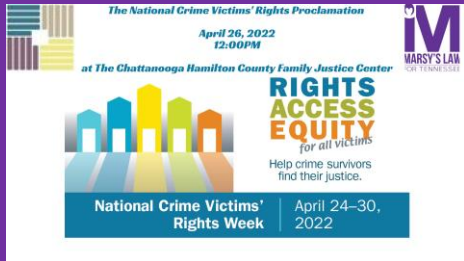


5 Lessons in Life from Dr. Seuss

1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

Upcoming Events....





Check out our social media for flyers and contact us at 423-643-7600 for more information.



April 23, 2022 1PM-3:30PM
Legal Clinic

April 26, 2022 12 PM-1 PM
National Crime Victim's Proclamation

April 27, 2022 8:30-9
Officer Training-All things FJC and LAP

April 30, 2022 9AM-1PM
Girl's Empowerment/Mayor's Council for Youth

May 2-6, 2022
Bryan College Visit

May 19, 2022 12PM-3PM
Community Connections Resource Fair

June 6, 2022 11:30AM
Tn Coalition

July 19-21, 2022
MTSU Teacher Visit

July 21, 2022 Time to be Announced
FJC Celebration

*"WORKING TOGETHER CREATING
PATHWAYS TO SAFETY AND HOPE"*

Hope

*"Everything that is done in this world, is done
by hope"-Martin Luther King*



*"Hope is the thing with feathers that perches in the soul-and sings the tunes
without words- and never stops at all"-Emily Dickinson*

